

### **ABSTRACT**

Apparatus and method for recording information about an ingestible product consumed by one or more individuals are described. A template may be used to record the information. The template can be placed on the container or on the package that contains the container. Information recordable on the template includes information such as the name of an individual, the time the ingestible product was consumed, the volume consumed, or the next time the ingestible product is to be consumed, just to name a few.

THD/ms